



# Lifeguard Certification Class

## JANUARY 2015

Rochester Recreation Center  
21 Elton Hills Drive NW  
Rochester, Minnesota 55901  
507-328-2500

### PREREQUISITE - Student will be tested for following skills:

Minimum age: 15 (must provide proof of age on last day of class).

- Swim 300 yards continuously using these strokes in the following order:
  - +100 yards front crawl using rhythmic breathing and a stabilizing, propellant kick.
  - +100 yards breaststroke.
  - +The last 100 yards may be a mixture of front crawl or breaststroke.
- Swim 20 yards front crawl or breaststroke, dive to a depth of 7 to 10 feet, retrieve a 10-pound object and return to the surface and swim 20 yards back to the starting point.

### CERTIFICATION REQUIREMENTS

- Pass one written test with a minimum grade of 80 percent or better on each section.
- Successfully complete four final skill scenarios.

**PLEASE NOTE:** *Students should wear appropriate swimwear for performing rescues in the water; no bikini type swim suits.*

**CLASS FEE** - \$225.00. Register on-line at [www.rochestermn.gov](http://www.rochestermn.gov) or call us at 507-328-2500. Visa, Discover and MasterCard are accepted. Class size is limited. Class will be cancelled if insufficient enrollment.

**Class Dates:** Saturday, January 10-8:30 a.m.-4:00 p.m.; Tuesday, January 13-6:30 p.m.-9:30 p.m.; Saturday, January 17-8:30 a.m.-3:30 p.m.; Tuesday, January 20-6:30 p.m.-9:30 p.m.; Saturday, January 24-8:30 a.m.-3:30 p.m.; Tuesday, January 27-6:30-10:00 p.m.

Meet in **Activity Room #3** at the Recreation Center on Saturday, January 10th at 8:30 a.m.

Lifeguard Training class will qualify individual to work in a pool setting - not ocean or surf beach.

Course of instruction established by **AMERICAN RED CROSS.**